

2001 California Dietary Practices Survey

Table 38: Consumption of Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal, Trends 1989-2001

Question: Yesterday, did you eat both whole grain breads/corn tortillas and high fiber cereal?

	Percent Who Ate Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal							Change of Percentage				
	1989 ¹	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	9	10	12	9	6	10	6	2	-3*	-3**	4***	-4***
Sex												
Males	10	10	11	8	6	9	6	1	-3	-2	3	-3*
Females	9	9	12	10	6	10	6	3	-2	-4**	4***	-4***
Males												
18 - 24	7 ***	8 *	12 ***	13 *	6 **	3 ***	6 ***	4	1	-7	-3	3
25 - 34	4	7	5	5	3	8	6	-2	NC	-2	5*	-2
35 - 50	7	8	9	7	5	7	3	1	-2	-2	2	-4
51 - 64	11	14	14	4	9	7	4	NC	-10*	5	-2	-3
65+	29	22	23	17	13	25	15	1	-6	-4	12*	-10
Females												
18 - 24	4 ***	2 ***	8 ***	5 ***	4 **	7 **	1 **	6	-3	-1	3	-6*
25 - 34	3	5	8	5	3	6	6	3	-3	-2	4	NC
35 - 50	9	7	10	7	5	10	5	3	-3	-2	5*	-5*
51 - 64	7	8	11	10	9	8	5	3	-1	-1	-1	-3
65+	21	26	24	27	11	20	11	-2	3	-16**	9*	-9
Ethnicity												
White	11	13 ***	14 **	10	7	12 **	7 **	1	-4*	-3	5**	-5**
Hispanic	6	3	8	11	6	7	2	5*	3	-5*	1	-5***
Black	12	6	8	12	3	4	5	2	4	-9**	1	1
Asian/Pacific Islander						4	6					2
Education												
Less than high school	8	8 ***	9	14	5	8	3 **	1	5	-9**	3	-5*
High school graduate	7	7	11	10	6	9	4	4	-1	-4	3	-5**
Some college	10	8	10	8	5	10	5	2	-2	-3	5**	-5*
College graduate	11	16	15	8	8	11	8	-1	-7**	NC	3	-3
Income												
Less than \$15,000	9	13	11	10	6	11	6	-2	-1	-4	5*	-5*
\$15,000 - 24,999	6	8	13	14	6	9	4	5	1	-8*	3	-5*
\$25,000 - 34,999	11	10	12	11	5	8	6	2	-1	-6	3	-2
\$35,000 - 49,999	10	8	8	7	8	10	6	NC	-1	1	2	-4
\$50,000+	10	9	12	7	5	10	6	3	-5*	-2	5*	-4
Physically Active												
Did not meet recommendations							5					
Met recommendations							6					
Overweight Status												
Overweight/Obese							5					
Not overweight							7					

¹ Consumption of corn tortillas was not asked in 1989.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001